Smoking and Diabetes in Newberry County

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Rural Clerkship
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Continuation of August 2000 student project at
Lovelace Family Medicine
Prosperity, SC

In coordination with Tobacco Intervention & Prevention Strategy (TIPS), an anti-smoking program in Newberry County

Diabetes & Smoking - The Effects

- Diabetes was the sixth leading cause of death in SC during 1997. (SC DHEC report)
- Smoking is the leading avoidable cause of death in the US. (Surgeon General's report)
- Hospitalizations from diabetes cost $5.7 million in Newberry County in 1997. 23.3% of diabetics in the county were reported as smokers. (SC DHEC report)
- The American Diabetes Association recommends strong intervention for smoking cessation with diabetics, because of their increased risks for complications. (ADA Position Statement)

Aims

- Increase awareness of the effects of smoking on diabetes
- Increase interest in smoking cessation
- Decrease the number of smoking patients in the population

Measures

- Number of patients educated about smoking
- Feedback from patients about their interest in smoking cessation
- Number of patients who stopped smoking (if any)
- Connecting the population to local resources that can provide future education and assistance

Possible Changes for Improvement

- Educational sessions with population
- More accurate identification of population
- Providing continuous follow-up of patient behavior
- In-office education during doctor’s appointments
- Free access to smoking cessation assistance

PDSA Cycle
Patient Information Session

Plan

- Obtain population list of Lovelace Family Medicine patients from August 2000 project
- Identify patients who were not contacted for previous sessions
- Contact local resource for smoking cessation
- Set up patient information session to present education and access to help with smoking cessation
- Contact patients to invite them to information session
- Hold information session and evaluate patient interest in cessation

PDSA Cycle

Patient Information Session

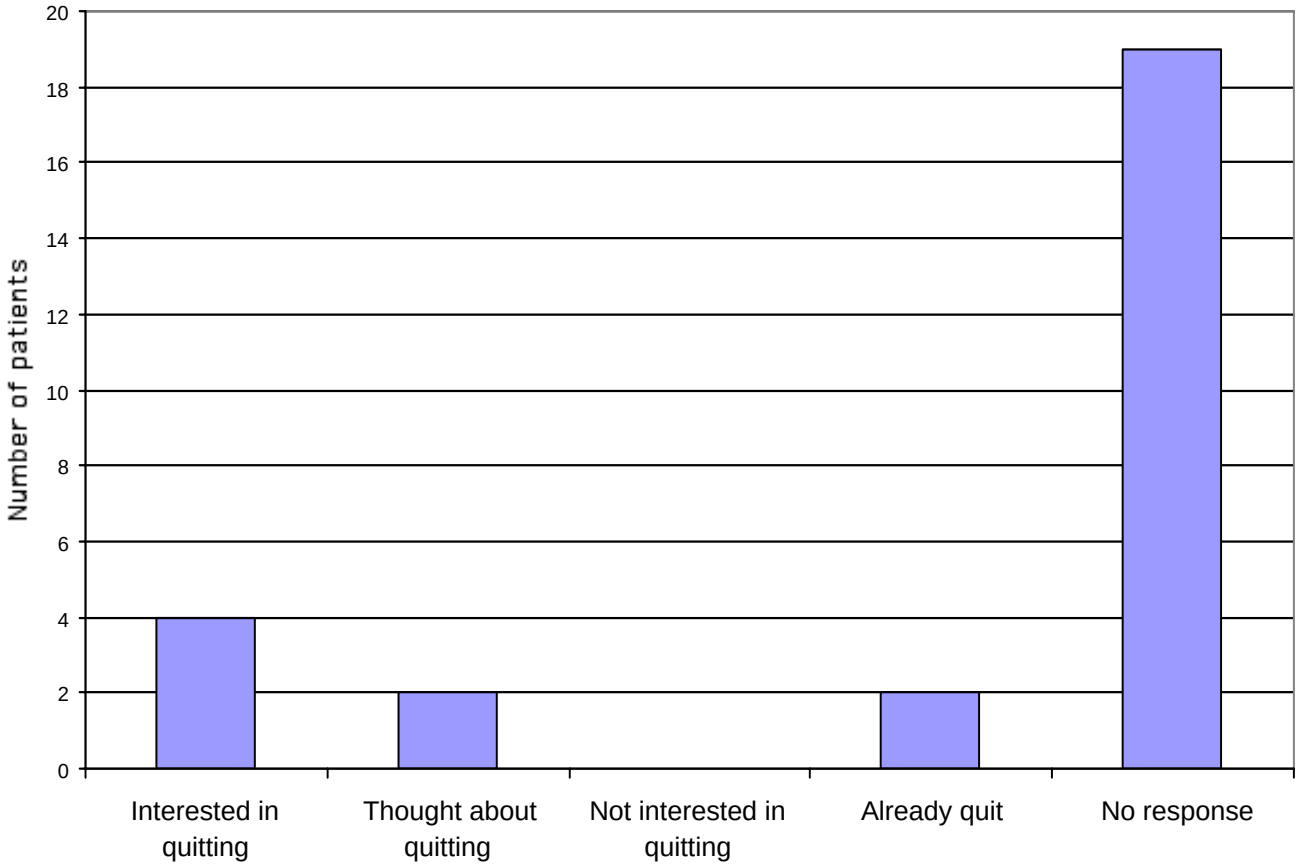
Do

- Identified 27 of 60 diabetic smokers not directly contacted for previous sessions
- Contacted TIPS coordinator and arranged patient information session
- Phoned patients at home to invite them to session
- Researched for educational materials and obtained brochures from national organizations
- Created questionnaire to be given before and after session to evaluate the amount of information learned and interest in smoking cessation
- Met TIPS coordinator to hold session

PDSA Cycle

Patient Information Session

Patient Phone Responses



Session Attendance

1 Patient dropped by who had previously quit

1 Medical student

1 TIPS coordinator

0 Participants

PDSA Cycle
Patient Information Session

Study

- Of the 27 patients contacted, most were unable to be reached.
- Of those reached, a majority were interested in cessation or had already quit before the patient information session.
- No actual participants attended the session.
- Data was unable to be collected from patients regarding education or smoking cessation interest.
- The population list was supplied to the TIPS coordinator for follow-up, particularly to those interested in cessation.

PDSA Cycle
Patient Information Session

Act

- The TIPS coordinator will contact the patients interested in smoking cessation to connect them with the TIPS program.
- Future patient information sessions may be held using the materials already prepared.
- The doctors at Lovelace Family Medicine will continue to rely on their in-office counseling, as getting patients to sessions outside of the office has proven to be difficult.

Comments

- Although it is unfortunate that no patients came to the session, a local contact for follow-up was positively enacted with the TIPS program.
- Patient education outside of an office visit is difficult to instigate, with the limiting factor being the patient’s willingness to participate.
- Patients must be given an adequate incentive to participate in any extra session.
- Future sessions would benefit by taking a presentation to an established group, such as a church or place of employment.